

Raleigh Parks and Recreation Department

Youth Fitness & Athletic Development Program

Classes beginning in September 2012 at these sites:
Lake Lynn, Millbrook Exchange, and Kiwanis Park!

Our trained instructor will work with participants at their level in a supportive environment to help them improve their overall fitness, as well as the skills necessary to excel in athletics, such as coordination, strength, speed and agility.

Through age-appropriate activities and game play designed to make exercise fun, participants will gain confidence and improve their overall health and fitness.

Millbrook Exchange

Course Fee: \$48

Ages 14-18yrs	#131411	Thur	Sept 6-Oct 11	3:00-3:45pm
Ages 14-18yrs	#131412	Thur	Oct 18-Nov 29	3:00-3:45pm

Lake Lynn

Course Fee: \$48

Ages 6-9yrs	#131409	Sat	Sept 22-Oct 27	12:45-1:30pm
Ages 10-13yrs	#131410	Sat	Sept 22-Oct 27	1:45-2:30pm

Kiwanis

Course Fee: \$48

Ages 6-9yrs	#131405	Mon	Sept 10-Oct 15	4:30-5:15pm
Ages 10-13yrs	#131407	Mon	Sept 10-Oct 15	5:30-6:15pm
Ages 6-9yrs	#131406	Mon	Oct 22-Nov 26	4:30-5:15pm
Ages 10-13yrs	#131408	Mon	Oct 22-Nov 26	5:30-6:15pm

Register online: reclink.raleighnc.gov
or at your local community center!



Location Information:

Lake Lynn Community Center

7921 Ray Rd
Raleigh, NC 27613
919-870-2911

Millbrook Exchange Community Center

1905 Spring Forest Rd
Raleigh, NC 27615
919-872-4156

Kiwanis Park c/o Optimist Community Center

2525 Noble Rd
Raleigh, NC 27608
919-870-2880

Register early!

